

March 2018 ~ Health Counts!



SUN MON TUE WED THU FRI SAT

SUN	MON	TUE	WED	THU	FRI	SAT
Choose an activity everyday	Track your progress	Make your health count		1 •20 min. of cardio •Try a new food •Set 3 goals for the rest of the year	2 •20 min. of stretching •Sign up for a HW-Library program for Read Across America Day •Read for 1 hr	3 •Electronic Waste Recycling Day • Try meditation •Walk on a new path or route
4 •Plan healthy meals for the week •Set 3 goals for the month •20 min of exercise of your choice	5 •Drink 8 glasses of water •H-W Pool Registration opens •Take the stairs today	6 •Plan an activity for this weekend •Read for 30 min. •Attend Wenham BOS Listening Hour	7 •Clean a trouble spot in your home for 20 min •20 min. of stretching •Schedule next dentist apt.	8 •Start a journal •Register to vote •Get up & move for 10 min. every hour	9 •Perform random act of kindness •Have dinner with a friend •Start project you've been putting off	10 •Complete activity from Tuesday •Prep your yard for spring & summer •Call a friend
11 •Plan healthy meals for the week •Spring forward your clocks & nap! •Read for 1 hr	12 •Write 3 positive thoughts in journal •Change batteries in your smoke/CO detectors	13 •20 min. of cardio •20 min. listening to music •Try a new food	14 •Wenham Connects Listening Session •375th Lit Night •Enjoy a Pi Day Treat	15 •Weekly journaling •10 push-ups & sit-ups •Attend HW League of Women Voters Civics Bee	16 •Voter Registration deadline •20 min. of stretching •Treat yourself to a massage	17 •Friends of the Library Book Sale •Go green with veggies for St. Patrick's Day •Nap
18 •Plan healthy meals for the week •Unplug from technology for 1 hr •Learn something new	19 •20 min. of stretching •Run taps with cold H2O to prevent lead exposure •Try meditation	20 •Boat safety class begins. Pre-register with library •Plan an outdoor adventure •Call a friend	21 •Review home emergency plan •Journal 5 things your thankful for •Election Training	22 •Weekly journaling •Discuss how your household conserves water for World H2O Day	23 •20 min. of dancing •Sign up to volunteer for an organization you support •Read for 1 hr	24 •Unplug from technology for 1 hour •Walk on a new path or route •Start your spring cleaning
25 •Plan healthy meals for the week • Nap •Prep your yard for spring & summer	26 •Start or replenish your emergency supply kit •Take the stairs or walk today	27 •Try meditation •20 min. of exercise of your choice •Try a new food	28 •20 min. of cardio •Does your septic need a pumping scheduled? •Call a friend	29 •Weekly journaling •10 push-ups & 10 sit ups •HW Candidates Night	30 •20 min. of stretching •Schedule your annual physical in honor of Nat'l Doctors' Day	31 •Monarch Butterfly Programs at Library •Celebrate the month with a walk outside •Read for 1 hr



Public Health
Prevent. Promote. Protect.

There are ways to be healthy everyday! Join us in March 2018 for Health Counts month!

For more information about Board of Health, DPW, Hamilton-Wenham Public Library, Recreation Department, and Water Department programs, check out www.wenhamma.gov

For links to the events listed and websites with ideas for exercising, healthy meal planning, and more, check out the Board of Health website at <https://tinyurl.com/wenhamhealthcounts2018>

Questions?
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